

## UNDERGRADUATE DEPARTMENT OVERVIEW

One of three departments in the Indiana University School of Health, Physical Education, and Recreation (HPER), the Department of Kinesiology is committed to the study of human movement. This commitment is pursued, by developing knowledge and understanding preparing for scholarly and professional endeavors, and preparing individuals for appropriate roles in an ever changing and diverse society. The Department of Kinesiology offers academic options to include:

- Athletic Training – Teaching/Non-Teaching
- Exercise Science
- Fitness Specialist
- Physical Education Teacher Education
- Sport Communication – Broadcast/Print
- Sport Marketing & Management
- Dance

This brochure highlights the components of the *Fitness Specialist* major.

## FITNESS SPECIALIST PROGRAM

The Fitness Specialist Program has been developed to provide specialized educational and practical experiences to those interested in a career in the emerging fitness/health/wellness industry. The Fitness Specialist Degree Program was endorsed by the Committee on Certification and Registry Boards of the American College of Sports Medicine (ACSM) as having fulfilled the educational program requirements expected of an ACSM Health/Fitness Instructor. This four-year degree is a combination of general education and core course work, as well as on- and off-campus field experiences that prepares students for a variety of work environments. The degree culminates with a professional practice internship that allows the student the opportunity to improve learned skills in an area of career interest.

## COURSE OF STUDY

A 2.5 GPA is required for admission, and *a student must complete 124 credit hours* to complete the Bachelor of Science in Kinesiology with a Fitness Specialist major. Students complete a standard core of exercise science course work emphasizing the science of movement and a substantial general education component. In addition, students will complete 24 credit hours of core courses and an internship designed to prepare students with practical skills. These classes include:

- P105 Foundations of Fitness and Wellness
- P216 Current Concepts in Physical Fitness
- P217 Methods of Group Exercise Instruction
- P218 Methods of Personal Fitness Instruction
- P319 Fitness Specialist Practicum
- P416 Fitness Management
- P417 Physical Activity and Disease
- P419 Fitness Testing and Interpretation
- P420 Exercise Leadership and Program Design for Special Populations
- P448 Field Experience/Internship

### *Fitness Specialization Electives*

In addition to the above core courses, students will complete a minimum of 18 credit hours of elective courses designed to enhance their fitness knowledge. Students may elect to specialize in a wide variety of areas based on interest. A few of these include:

- Business Management
- Coaching
- Dance
- Nutrition
- Public Health
- Psychology

### *Certifications*

The Fitness Specialist Program focuses on the knowledge, skills and abilities needed for certification preparation by several professional organizations in this field of study, such as the American College of Sports Medicine (ACSM), American Council of Exercise (ACE) the National Strength and Conditioning Association (NSCA) and the National Academy of Sports Medicine (NASM).

## *Experiential Learning Opportunities*

Throughout the degree process, students are provided outreach opportunities to gain practical experience in teaching, research, and service. Students are encouraged to apply for paid positions as fitness consultants, instructors and/or entry level personal trainers both on and off campus. Kinesiology has a special relationship with the IU Division of Campus Recreational Sports, the Residential Programs and Services Briscoe Fitness and Wellness Living Learning Community, and the Bloomington YMCA that offer fitness specialist majors the opportunity to get real world experience.

### *Internship*

All fitness specialist students will complete a required internship to promote and enhance their ability to deliver learned skills and apply that knowledge to real-life experiences. Students are encouraged to choose an internship in their area of interest.

## STUDENT SERVICES

*Specialized advising* is provided to assist students with degree planning that allows them to tailor their degree to meet long-term goals. Students are required to attend advising meetings or meet with an academic advisor at least twice a year.

*Career resources* are provided through the expertise of a career specialist to assist students in career planning, resume and cover letter preparation, and skill development for the interview process. In addition the Career Center contains a variety of up-to-date and highly accessible resources designed to facilitate long-range decision making and future employment considerations.

For information call: (812) 856-4437  
or visit the Career Center Website at <http://hpercareers.com>

## CAREER OPTIONS/EMPLOYMENT SETTINGS

The Department of Kinesiology Fitness Specialist Program offers preparation for professional employment in a variety of settings that include community and hospital wellness and rehabilitation programs, as well as commercial and privately owned fitness clubs and facilities.

Examples of career options:

- Fitness/Wellness Program Director/Manager
- Personal Trainer
- Health & Fitness Instructor (individual/group)
- Strength & Conditioning Coach
- Post-Rehabilitation Specialists
- Health Promotion Specialists
- Facility Owner
- Mind/Body Instructor
- Fitness Equipment Specialists
- Fitness Education Specialists
- Health/Fitness Promotion



## INDIANA UNIVERSITY ADMISSION

Students must be admitted to Indiana University before they are eligible to enter the major program. For more information about IU admission criteria and for application materials, please contact:

Indiana University  
Office of Admissions  
300 N. Jordan Avenue  
Bloomington, Indiana, 47405-7700  
Phone: (812) 855-0661  
E-mail: [iuadmit@indiana.edu](mailto:iuadmit@indiana.edu)  
<http://www.indiana.edu/~iuadmit/>

## ADDITIONAL INFORMATION

For additional information on the Fitness Specialist Program within the Bachelor of Science in Kinesiology, please contact:

Michelle Miller, Fitness Specialist Coordinator  
Department of Kinesiology  
1025 East 7<sup>th</sup> St., HPER 296  
Bloomington, IN 47405  
Phone: (812) 855-8167  
E-mail: [michmill@indiana.edu](mailto:michmill@indiana.edu)

If you would like to receive information about other undergraduate majors, please call (812) 855-5523, visit the department's web site, or contact:

Professor Gwendolyn Hamm  
Coordinator Undergraduate Studies  
Department of Kinesiology  
1025 East 7<sup>th</sup> Street, HPER 112D  
Bloomington, IN 47405  
Phone: (812) 855-6076  
E-mail: [hamm@indiana.edu](mailto:hamm@indiana.edu)

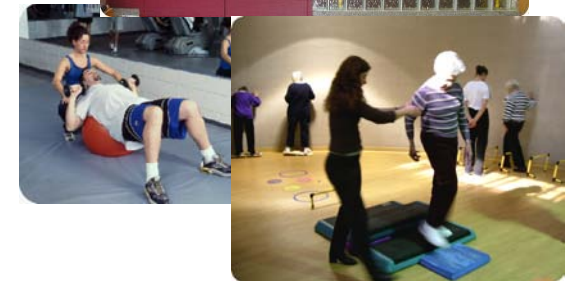
<http://www.indiana.edu/~kines>

Indiana University is an Affirmative Action/Equal Opportunity institution.

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# Fitness Specialist

## Bachelor of Science Program



## Department of Kinesiology



INDIANA UNIVERSITY

SCHOOL OF HEALTH,  
PHYSICAL EDUCATION, AND RECREATION

Department of Kinesiology  
Bloomington